**Six Brain Science Principles:**

**1. Shorter trumps Longer !**

The human brain learns best when content is divided into smaller sections and when facts are chunked into larger concepts or information is segmented.

**2. Writing trumps Reading !**

Writing is a whole-brain task – it’s almost impossible to write about one thing and talk about something else at the same time. Writing is multi-sensory – kinesthetic, visual-spacial, and tactile. Learners cognitively reviewing information a second time when they write it after hearing and/or seeing it. Taking notes is a valuable form of processing information which is known to increase the likelihood of learning and remembering material.

**3. Pictures trumps Words !**

The human brain remembers pictures better than words. The capacity for long-term memory of pictures seems almost limitless. Stories engage all parts of the brain because they touch on the learner’s experiences, feelings, and actions.

**4. Speaking trumps Listening !**

When learners verbalize what they’ve heard or seen, they process the information three times: first, by listening to or viewing it; second by thinking about it; and third, by restating it using their own words or repeating the words of others. Learning is social. We learn from, by, and with other people. The best way to learn something new is to teach it !!

**5. Standing trumps Sitting !**

Sitting for extended lengths of time makes thinking and learning more difficult to do because the oxygen levels in the body decrease. Movement – any kind of motion – increases oxygen to the brain, thereby giving the brain a cognitive boost. Standing alone speeds up information processing 5%-20% compared to sitting down.

**6. Different trumps Same !**

The human brain in hardwired to notice changes in the learning environment and to ignore sensory data that remains predictable or the same over time. Any stimuli introduced into our immediate environment, which is either new (novel) or of sufficiently strong emotional intensity (high contrast), will immediately gain our attention.

Window Panes

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